

Statistics Report 02008, Spices, chervil, dried

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	7.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	237	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	990	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
Protein	g	23.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	3.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	16.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	49.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	11.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Minerals													
Calcium, Ca	mg	1346	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Iron, Fe	mg	31.95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	4740	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	83	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	8.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.440	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	2.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	29.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	50.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Thiamin	mg	0.380	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Riboflavin	mg	0.680	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Niacin	mg	5.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Vitamin B-6 ¹	mg	0.930	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2002
Folate, total	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
Folate, DFE	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
Vitamin A, RAE	µg	293	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	5850	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.169	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.169	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	1.399	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	1.399	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	1.800	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	1.800	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002

Sources of Data¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167